



# Now deep thoughts ... with Conestoga College

Random questions answered by random students

**"If you could be any celebrity  
who would you be?"**



**"Kiana Roemer: I've been  
in love since the Matrix  
came out and I like his  
music."**

**Kiana Roemer,  
first-year  
software engineering**

**"Betty White: She's old and  
amazing."**

**Joshua Chabern,  
first-year  
marketing and  
advertising**



**"Emma Steen: She's really  
hot. She's a cool gal and  
she's her own person."**

**Emma Steen,  
first-year  
business administration**

**"Johnny Knoxville: The guy  
has a straight part in my  
therapy session."**

**Cash Plett,  
first-year  
radio broadcasting**



**"David Boyd: He's extremely  
smart, he was the voice to  
bring awareness to certain  
issues and he's hilarious."**

**David Boyd, first-year  
social science teacher**

**"Jennifer Aniston: She's  
really beautiful for her age  
and she's a great actress."**

**Heather Gosselin,  
first-year  
human services**



PHOTO BY KATHLEEN TULLOCH

Kristyn Kemp, a first-year broadcast student, supports troops by wearing a poppy with overhead

## Remembrance Day is a time to reflect

BY KATHLEEN TULLOCH

Remembrance Day is a time to remember those who served in the armed forces who lost their lives for our country; it is also referred to as Armistice Day. The day commemorates the day and time when armed clashing soldiers during the First World War the 11th hour of the 11th day of the 11th month.

Every year people all over the country wear red poppies on their clothing in November as a sign of respect and to support Canadian troops. The poppies are awarded to the few but in any chance to donate money when they pass one up. The poppy has become a Canadian symbol for this day due to the poem *In Flanders Fields*. The poppies grow across the battlefield of Flanders in the First World War.

Kitchener will be holding a ceremony at the corner of Frederick and Duke streets downtown beginning at 10:30 a.m. The surrounding streets will be closed for the ceremony. There will be two minutes of silence at 11 a.m.

"It is a really powerful event. There's a lot of emotion, a lot of people crying, but it really makes you feel proud to be a Canadian," said Tyler Walkerton, a second-year woodworking technician student.

One woman who goes to the ceremony every year who didn't want to give her name spoke about her son who has been in the military for two years. "It was a choice he made when he was younger."

Glen supports his decision to be a part of this country as a way that benefits others. "He

was a son of a young age but now you find he stood up for friends and family members. It gives him a sense of pride, place and patriotism he gets to meet other people as well."

Remembrance Day is her means a day out of the year when services all come together and power and emotion for the people we've lost.

Conestoga College's their campus will be the site of a Remembrance Day ceremony on Nov. 11 at 10:30 a.m. in the Student Life Centre arena. It will begin with a local ceremony followed by a song and then at 11 a.m. we honour those who served and continue to serve this country.

Shawn Hargreaves, a second-year welding student, said "I've been going to the ceremony downtown for all years now. I think it's a important to support the troops."

## SERIOUS SCULPTING AT CLAY AND GLASS GALLERY



PHOTO BY KATHLEEN TULLOCH

Steve Conestoga, you couldn't do it without

Students students (clockwise from left) and Stephanie, Rachel, and Steve Conestoga, Clay Sculpture at the Clay and Glass Gallery on that date in Nov. 2

# A new way to network in Waterloo

BY MARITZA MCGOWAN

Students networking has become an increasingly popular tool in the past few years — a way for business owners to gather together, exchange ideas and gather interest in their companies. It is also a tool for applicants to meet employers in their desired field and build a network that could help lead to an interview or even a job in the future.

New Waterloo Region has taken business networking to the next level with the help of a local business owner and a teacher.

It is a virtual networking event for business owners, potential applicants and students in and around Waterloo Region's area of Waterloo.

The event was created by Maritza McGowan, owner of the new office, who now handles business events and is on Twitter to gather people together to talk about specific issues or ideas.

"I originally started it towards small businesses thinking it would be a great networking tool. However, I soon discovered we had attracted students and local business events. I started it around 11:30 and the way it worked was that people went to meet an entrepreneur about their skill or their business using #WTRtalk between 7:30 and

8:30 p.m. on Oct. 1.

The number of people who participated in the first event was much higher than expected. Over 10-200 ideas and opinions were received and the number has doubled over time.

In Maritza's opinion, this was due largely to the virtual nature of the event. #WTRtalk is posted weekly.

"The point for students who might be looking for new places or in the region to check out or looking to network with potential employers and people in their chosen fields is that this is a great way to meet people with services providers they were looking for and another business told me they got an applicant for one of their job openings because of the event."

The Wednesday night event took off quickly and although it is still new, #WTRtalk has had no issues with getting local business owners to join.

"It hasn't been too difficult finding participants because I think people really like the idea. It seems to be catching on and there is a lot of interest with each week. Maritza said. The event has gained popularity over time taking off on Oct. 1. Not only has there been more students there and job openings but each week also brings more ideas, opinions and additional business owners which helps to extend

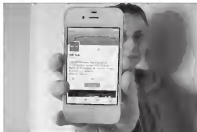


PHOTO BY MARY JO HARRIS FOR THE NEWS

times there, a group of business owners who took part in the first #WTRtalk event. I took up the #WTRtalk for the past few days and the event and the point is to go to the next level and use it as well to build a network with business owners in and around Waterloo Region.

The #WTRtalk network event further down the calendar for Waterloo's municipal students agreed on to explore their platforms and exchange ideas.

A possible reason for why #WTRtalk reached thousands so quickly is the sociality which using networking events do not have.

"My favourite part was I didn't have to pay anything

and the networking event I didn't have to RSVP and I didn't have to pay anything. And so, that's why the first #WTRtalk event after speaking to people who joined the event, many had the same opinion.

"Lots of our participants here and they had such busy lives it was not possible to

get out and attend networking events and so the #WTRtalk event is a great way to get a lot of eyes every week and the best part is that you can reach them whenever you are at 10:30.

The next #WTRtalk event will take place this Wednesday Nov. 11 from 7:30 to 8:30 p.m. and will continue every Wednesday evening thereafter.

## Many people avoid yearly flu shot

BY MARITZA MCGOWAN

With the recent onset of this year's first snow fall, it is a new sign that winter is approaching. Along with the coming frosty weather and snows, the season is just around the corner.

Flu activity is generally at its highest during winter months, although outbreaks can start in late October and end May. The flu shot is a way to prevent contracting viruses, but only a portion of the population gets their yearly shots, subjecting many to influenza.

The vaccine reduces circulation to develop in the body about two weeks after vaccination, helping a person become more immune to prevent it and since there are different strains of the flu due to the progression and mutation of the virus, it is recommended everyone get a flu shot yearly.

"I think it's around 30 per cent of the population, shot about a week before the flu shot," said Maritza McGowan, a health-care worker in Waterloo for 24 years. "Many of the people they don't understand what the flu shot does or they think that it's something that the government's created that actually doesn't work."

According to the Canadian government, 10 to 20 per cent of the population get the flu each year. Many people are up on influenza, thinking it is a harmless, light virus. Symptoms of the common cold and the flu are similar. For example, both can give many shivers and fever through flu fever. However, there are differences. Influenza also has frequent fatigue and muscle aches and causes high fevers.

Although anyone can get the flu, influenza primarily affects children, the elderly and those with low immune systems. In Ontario's recent YouTube campaign for the flu, Dr. Helen Williams, associate chief medical officer of health, said that last year more than 700 children under 10 with influenza were hospitalized and six children were reported.

"It takes two weeks for the flu shot to protect you from the flu and if you're sick when you have the flu shot, you'll be sick almost immediately with the flu," Dr. Hadden said. "You could have a flu virus in your body and it doesn't show for three days and you're better, just the shot three days before. Now you think that the flu shot has given you the flu but in essence you were already sick and didn't know it. Hadden said that is the reason why a lot of people don't believe in the flu shot."

Influenza can be quite serious. In Hadden's 24 years as a health-care worker, she has had two outbreaks of influenza in the retirement home where she works. During those times, the local health unit shot the flu shot to the public so as not to spread the virus into the community. Staff were required to wear face shields, masks, gloves and be covered completely. Only when the house was up and running for 10 days could they begin to the public. An outbreak can last anywhere from three to eight weeks.

The flu shot is free and available at health-care providers offices and public health clinics. Georgetown College is offering free shots this month to staff and students. On Nov. 20 the shot will be available at the Downtown pub from 10 a.m. until 10 p.m. in 10 days.



PHOTO BY MARITZA MCGOWAN

People mix with the flu virus in the winter months and will develop symptoms (cough or the common cold). The flu shot is free and available at health-care providers offices and public health clinics. Georgetown College is offering free shots this month to staff and students. On Nov. 20 the shot will be available at the Downtown pub from 10 a.m. until 10 p.m. in 10 days. Everyone is required to bring their health card.





PHOTO BY JORDAN JOHNSON

Student's Dhanraj dances up in steam during a session of the Bollywood Dance Fitness Club on Oct. 27 at Carleton College.



PHOTO BY JORDAN JOHNSON

Carleton's students get active at the first Fitness class in the recreation center. Carleton's first week's activities start.

## Shake it Bollywood style

BY JORDAN JOHNSON

A Bollywood Dance Fitness Club has kicked off at Carleton College, with the first session taking place on Oct. 27 in the recreation gymnasium.

It is the knowledge of fast-track recreation and its own student and instructor Dhanraj Chandra, who could be seen dancing in a jump in traditional Indian garments,

outside The Horton's the Friday before to help promote the new club.

"The marketing was very well done," said Dhanraj Chandra, a construction project management student.

"The dancing is part of the fun. Horton's that was a really good strategy by them. There was some music and he was in a jump."

The club is for all levels of experience, from beginner to

expert and will help improve your fitness health and maybe boost your confidence.

"You get confidence when you dance," said Rob Siro, a business management student.

Carleton is a multicultural country and Carleton College reflects that diversity. Chandra wanted Carleton's club to also reflect that and offer something different from Carleton's student life. The club was born.

**"You get confidence when you dance."**

— Rob Siro

Carleton is a very diverse community. There are students from all over the world here," he said. "Bollywood music and dance isn't familiar to many of them, so I thought

that was a great opportunity for the Carleton community to celebrate our diversity."

With 15 people in attendance, Chandra was happy to be the turnout for the first session and hope more will come out to learn more dance moves and help improve their fitness at the same time.

The dance club runs Mondays from 5-6 p.m. at the rec center.

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## PARTICIPANTS AT HALLOWEEN BASH HAVE A ROARING GOOD TIME



Greg Martini, with only a few accounting students, spend most of his time at the Wednesday party dancing on his 100-watt 100-watt system.



Costa Rica's first second-year environmental science student and Sylvia Moya, a second-year nursing instrumentals graduate student, were part of the OSI team who checked tickets at the entrance to the park.



Dr. John H. Johnson, and his group are studying several areas of investigation related to the use of the computer in the classroom. Dr. Johnson is currently a research fellow at the University of Illinois, Urbana, where he is studying the use of the computer in the classroom. He is also a member of the National Academy of Sciences.



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# Battling prostate cancer

## Non-surgical options have come far as treatments

BY CAROL BURNETT-MEYER

Cancer is the unrelenting driver of abnormal cells. It is uncomfortable to hear about uncomfortable to say and it promises fear to those who have to battle it. Even though it is no longer a death sentence the word is still a challenge for long rounds of treatment and a barrage of medical tests.

There are many types of cancers, with prostate cancer being one of the most talked about. It is the third leading cause of cancer-related deaths in Canada, the most prominent cancer in men and a disease that so many people fight today. All cancers are in one way or another a fight for your life — an uphill battle for each patient and family that is most often not easily won. The treatments vary and many assume that surgery or chemotherapy are the only options available. However, as technology advances that becomes less true.

Dr. Dean Gupta, a radiation oncologist at the Grand River Regional Cancer Centre, gave a presentation recently at a meeting of the Waterloo Wellington branch of the Prostate Cancer Canada Network (PCCCN) on how the non-surgical options have come as forms of treating cancer. Gupta's position at the centre according to him is often mistaken as a surgery. Radiation oncology however is an entirely different specialty as it specifically deals with the treatment of

cancer using ionized radiation, ionizing by lowering radiation on affected areas from either inside or outside the body. According to him the main role of some non-surgical methods is comparable to those of surgery.

During his presentation, Gupta discussed the point that often comes from a cancer diagnosis. With the increasing number of available options for patients, "you don't want to be three years down the road saying we've run out of options," Gupta said. He also discussed the fact that often comes from a cancer diagnosis. With the increasing number of available options for patients, "you don't want to be three years down the road saying we've run out of options," Gupta said.

\* Radiation therapy comes in two forms. Gupta said. External beam radiation, as defined by the Canadian Cancer Society as a painless treatment involving a machine (GPT) directs a beam of radiation through the skin to the cancerous area. A small amount of internal irradiation is used.

Radiation therapy is a treatment that has two options. The first of which is permanent seed brachytherapy. A "seed" is a small pellet of radioactive material that is implanted into the prostate to release the radiation over a period of time. The second is temporary external brachytherapy which is a "high-dose rate" treatment where a man undergoes external beam radiation therapy for a few days. Gupta said that the treatment is often mistaken as a surgery. Radiation oncology however is an entirely different specialty as it specifically deals with the treatment of



PHOTO BY CAROL BURNETT-MEYER

Dr. Dean Gupta, a radiation oncologist at Grand River Regional Cancer Centre, gave a presentation on non-surgical treatments to prostate cancer to about 200 people.

ture in the prostate.

Medications may often cause side effects and passed all as "just the cancer" as far as cure is concerned. In reality, they can play an integral part in the process of getting better. While some medications reduce symptoms, others can even delay the need for the surgery.

Two "non-surgical" drugs have been proven to extend the lives of those who have cancer that has spread from the prostate, Gupta said.

Active surveillance is another viable option for any cancer, who is considered "low risk." This method of treatment focuses more on regular checkups and tests on patients to ensure that they

cancer does not become an issue.

Some prostate cancers are "indolent" and may not need treatment, Gupta said.

Prostate cancer is often downplayed due to the impression that it grows very slowly. The current five-year survival rate for prostate cancer is 94 per cent.

But the reality is that prostate cancer works slowly and steadily, and that is something that needs to be evaluated carefully. With most cases present in men over 50 years of age, many people die of natural causes before the cancer reaches fatal stages. As the life expectancy of Canadians grows, we will see the true toll that cancer takes much

more frequently.

As it stands, prostate cancer like all others is not something to be taken lightly. While you have been personally affected or have seen others around you going through the hardship that cancer brings, you can understand that the fight is not easy.

The PCCCN Waterloo-Wellington division holds meetings the fourth Tuesday of every month at the HopeQuest Support Cancer Centre. If you'd like to get involved or make a donation toward cancer research, you can do so through the Canadian Cancer Society under the "Get Involved" tab on their website.



### HAT AND WAND CLUB

#### SHARE THEIR LOVE OF MAGIC

Members of the Hat and Wand Club gather weekly to discuss their passion for magic. For video, see news page online.

PHOTO BY JASON FORD



# Cats are good for your health

## BY MICHAEL MONTGOMERY

Cats and rabbits aren't just adorable. They also good for your health.

The human-animal bond has been documented to improve human cardiovascular health, reduce stress, decrease loneliness and depression, and facilitate social interaction among people who choose to have pets.

Cat ownership has physical, mental and emotional benefits, said Dr. Barbara Danchuk, a veterinarian at Cambridge City Hospital.

According to the Heart and Stroke Foundation, 25 per cent of all deaths in Canada in 2008 were a result of cardiovascular disease. Of all cardiovascular deaths, 54 per cent were due to ischemic heart disease, 28 per cent were strokes and 18 per cent were heart attacks.

Owning a cat tends to lower anxiety levels, a key factor in stress-related conditions such as high blood pressure.

Studies have shown that owning cats reduces blood pressure and improves cardiovascular health. There was actually a study which showed that cat owners were 30 per cent less likely to die from a heart attack than people who didn't own cats. This is thought to be due to the stress-reducing effects of petting and interacting with cats.

Danchuk said. The results of a study done in 2010 on cat ownership and risk factors for cardiovascular disease showed that pet owners had a significantly lower systolic blood pressure and plasma lipoprotein than non-owners.

Cat owner Shelly Vance finds her cat, Moxie, very relaxing. Sometimes he will keep meowing if I don't give him enough attention, but most of the time he just lies and purrs himself up on my feet while I think or relax on the couch.

Along with physiological benefits, cats offer mental benefits as well.

Sometimes you can feel like no one wants to talk or hang out with you, but no matter what your cat will want to be cuddled and played with. They always want to hang out with you, or at least near you. (Vance said)

As a veterinarian, I see single people and children couples for whom cats play a very important emotional support and companionship role. For these people, their important (often family) members require companionship and give them an emotional connection and support. (Danchuk said)

Many studies have found

on the social benefits cats and other companions provide that suggest human-animal bonding actually is beneficial all and even the brainless.

All of these studies have proven that these people and other people who typically have less social interactions for different reasons still feel more supported and have greater opportunities to interact with their pets when they own a pet.

One of the biggest benefits that cats can provide are psychological ones.

The Mental Health Foundation, and later cited with the University in 2011 and completed a study that surveyed 400 people. Half of whom described themselves as having a mental health problem. The results from their study showed that 80 per cent of cat owners felt that their animals had a positive impact on their well-being. 70 per cent found that coping with everyday life was easier because of their pet, and that straining a cat was a calming activity.

Similar to feeling lonely, you can feel like things will never get better or that you are really alone, but your cat will always love you no matter what and want to spend time with you. They don't have judgments towards you and can hold grudges. All they know is how to love. (Vance said)

Many people who suffer from depression find it a challenge to cope when they have a cat. There are many reasons for this, cats offer an unconditional love, the responsibility of caring for a cat adds a new and positive focus in life and they help you build routines, increase physical activity and offer friendship and emotional interaction.

While cats do have a positive impact on human health, it's equally important for us humans to take care of their feline friends' health too.

"We recommend that all cats come in for a health exam at least once a year. During this visit we will discuss weight management, dental care, nutrition, parasites such as worms and fleas, as well as any specific health. (Danchuk said)

The bond between cats and humans is one that has been around for centuries. Many people consider their cats as family members with health benefits, simply being an added bonus.

"I consider my baby. I feed him, love him, play with him and take care of him. I don't see how someone could consider their pet not a part of the family. (Vance said)



PHOTO BY MICHAEL MONTGOMERY

Many studies have concluded that owning a cat has many positive health benefits for people.

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# **HOROSCOPE** Week of November 18, 2024



**Aries**  
March 21 - April 19



**Libra**  
September 22 - October 23

**Aries:** your strong exterior hides your compassion that needs to be released. Show that one person that you really feel.

**Libra:** A friend of yours will open some sort of conflict. Don't get involved unless you are asked. Keep your distance.



**Taurus**  
April 20 - May 20



**Scorpio**  
October 23 - November 21

**Taurus:** Be kind with your eyes. You know it's better to be kind properly. Close friends and family members will appreciate your honesty.

**Scorpio:** you are known to be determined. You are things through until they are not. Please take advantage of that for your school assignments. It will pay off.



**Gemini**  
May 21 - June 21



**Sagittarius**  
November 22 - December 21

**Gemini:** Approach your problems with reason. Deal with each one by facing them head on or by facing. You know what to do.

**Sagittarius:** Cancel your weekend plans. You can't afford to waste time with the work load you've put off.



**Cancer**  
June 22 - July 22



**Capricorn**  
December 22 - January 19

**Cancer:** A new idea entered in your mind. Have an open mind. You may be looking at it the wrong way. Open your eyes to the possibilities.

**Capricorn:** you are known to be a hard working individual. Stay focused and the fruits of your labor will be rewarded by those around you.



**Leo**  
July 23 - August 22



**Aquarius**  
January 20 - February 18

**Leo:** Try to balance your home life and school life. There are things you will support you during every way. Be sure to find time for them as your schedule.

**Aquarius:** you are known to be a rebel in order to have things on your way. You represent other people's differences.



**Virgo**  
August 23 - September 22



**Pisces**  
February 19 - March 20

**Virgo:** A small disagreement could quickly escalate. Be careful of what you say and how you say it. Others around you are sensitive.

**Pisces:** It may seem as though a wall has stopped you but don't give up. Things will soon change suddenly and magic that will be the best.



The stars have spoken.



## Useless Facts

India has a lot of Rights for cows.

Cardinals are made out of hard hats.

Jacks have one more pair of chromosomes than dogs or whales.

The average life of a toilet-bush is 10 days.

Debit seems to drink like a drink.

Piercing is taken for 'pro head'.

## Sudoku Puzzle

	8						7	
7		5	1	2	9	4		8
		2	7			9		
8	3		9				2	6
				1	7			
4		9			2		8	1
				8	1			9
6	9	8	4		5		1	
		1					4	7

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

### Remembrance Day

W	O	G	N	N	O	S	E	R	V	I	C	E	X	Y	E	CEASEFIRE
G	V	M	W	R	E	A	T	H	M	G	N	V	W	D	C	CONFLICT
B	B	N	F	R	E	E	D	O	M	J	X	W	Y	E	I	POPEY
P	W	X	I	B	Y	A	S	F	H	N	N	Z	R	A	F	FLANDERS
O	A	Y	F	C	E	M	N	P	M	F	I	E	Z	B	I	WREATH
E	R	H	U	G	J	O	A	S	I	L	E	N	C	E	R	REMEMBER
N	F	B	A	N	T	T	R	Z	M	S	B	E	A	F	C	NOVEMBER
E	G	P	F	D	O	J	E	F	Z	A	S	I	A			ARMISTICE
O	Y	A	L	N	E	S	T	S	H	Z	W	I	R	R	S	WAR
A	P	E	E	P	O	I	E	J	X	N	P	T	E	E	O	MEMORIAL
E	P	C	R	B	O	J	Y	T	W	M	N	S	D	M	N	PEACE
P	O	Y	T	C	I	L	F	N	O	C	W	I	N	Q	X	SACRIFICE
W	P	W	C	O	U	N	T	R	Y	P	N	M	A	Y	P	FREEDOM
M	E	B	Y	W	R	E	B	M	E	M	E	R	L	M	U	SERVICE
R	C	L	A	I	R	O	M	E	M	R	O	A	P	M	L	COUNTRY
U	K	W	D	L	N	O	V	E	M	B	E	R	V	O	B	SILENCE



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